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Bangalore Mirror

Happy Republic Day

TEMP Max 28 | Min 18 | Humidity 78% Partly Cloudy Sensex 70,700 | Nifty 21,352 | Gold 62,950 | Silver 72,750 | Dollar 83.11 | Euro 90.38 | GBP 105.65

A yellow spot is getting bigger and bigger day by day at the High Court parking lot and no one seems to care

DON'T LOOK NOW

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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) and environmentalists have been trying to eliminate black and yellow spots to facilitate Bengaluru's joining the list of clean cities.

The more they try to eliminate black or yellow spots, the more such spots crop up.

A yellow spot has been getting bigger and bigger day by day at the High Court parking lot over time but no one is ready either to check the rampant public urination at the spot, beautify the area or take preventive measures by creating awareness among those responsible for the yellow spot.

There are toilets on the High Court premises but all of those are inaccessible for cab drivers and others waiting at the parking lot.

When this correspondent visited the

CONTINUED ON PAGE 8 »

Green buffer

50-acre plantation around landfills planned

CITY PAGE 6

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3 THINGS TO DO

01 Crafty craves

Get ready to explore a fresh fashion collection, as the Hi Life Exhibition is back in town. Get your hands on a new range of designer wear, jewellery, bridal wear, fashion accessories, and more. You can also check out footwear, waist belts, carpets, face care products, precious stones, potteries, handmade soaps, paintings, and even fashion statements for your home. **Where: The Lalit Ashok When: January 26 and 27; 10 am to 8 pm**

02 For mental health

Quite a relevant play that can be much related to is going to be performed in town. Anthill, a musical comedy, sends a message to the corporate world that they need to pay attention to the mental health conditions of their employees. Kabir's words and music will make the protagonist realise that he is shrinking and that he must take a route to address his troubles. This show will be followed by two more shows on February 17 and 18. **Where: Ranga Shankara; When: February 9**

03 Interesting tales

Enjoy the world of magical tales filled with talking animals, hidden treasures, and laughter. Through interactive storytelling by Ramya Srinidhi, you can explore Geronimo Stilton's world and create a delightful experience for your little adventures.
Where: Atta Galatta, 178, 5th Main Road, Binnamangala, Hoysala Nagar, Indiranagar When: January 27; 2:30 pm

Expect Baiyappanahalli & Hosur project by year-end

This rail doubling project may be delayed until end of 2024; project was sanctioned by Railway Board in financial year 2018–19, says senior official

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The doubling of the Baiyappanahalli-Hosur track may be completed only by the end of the current year. According to the most recent update, the segment from Carmelaram to Heelalige (10.3 km) has already been commissioned. The construction between Baiyyappanahalli and Bellandur Road (9.7 km) is projected to conclude by September of this year, with the Bellandur Road-Carmelaram (3.5 km) stretch potentially finishing by March. However, the Heelalige to Anekal Road (10 km) is experiencing the longest duration for completion, and it is expected to be finalised only by the end of December, marking it as the slowest-progressing section thus far. The Anekal Road-Maranayakanahalli (6.9 km) section is anticipated to be completed by March this year, while the Maranayakanahalli to Hosur (7.6 km) stretch might be concluded by June this year.

A senior official said, "To enhance the capacity of the existing railway line and facilitate additional commuter trains between Baiyyappanahalli and Hosur, the Doubling Project of Baiyyappanahalli-Hosur (48 km) was sanctioned by the Railway Board in the financial year 2018-19. The execution responsibility was transferred to K-RIDE (Rail Infrastructure Development Company Karnataka Limited, a joint venture of the Ministry of Railways and the Government of Karnataka) in June 2020. The total length of the project is 48 km, with 40.5 km falling within the state of Karnataka and 7.5 km in the state of Tamil Nadu."

The doubling track's loading standard is 25t axle load 2008, and all stations within the project have STD III interlocking with panel and colour light multiple aspect signalling. The project will be fully electrified with 25 KV overhead electrified (OHE) traction. The sanctioned cost of the project is Rs 498.73 crore, with the expenses shared equally between the Ministry of Railways and the Government of Karnataka on a 50:50 basis.

> **"The total length of the project is 48 km, with 40.5 km falling within the state of Karnataka and 7.5 km in the state of Tamil Nadu**
> – a senior official

"This initiative aims to allow more commuter trains to run between Bengaluru city and Salem via key stations like Hebbal, Banaswadi, Bellandur, Karmelaram, and Heelalige, benefiting commuters and the general public. The project is expected to provide better connectivity between north and south Karnataka, reduce travel time, and alleviate traffic congestion. Additionally, it will enhance mobility between Yeshwanthpur and Salem, passing through prominent IT corridors such as Bellandur and Carmelaram while also connecting to industrial towns like Hosur," added an official.

The project will be fully electrified with 25 KV overhead electrified (OHE) traction

The commissioning of specific station yards is planned for the years 2023–24, with the entire project scheduled for completion by December 2024. Passenger amenity works, including new station buildings is underway at various locations along the doubling project, explained the official.

Meanwhile, K-RIDE has initiated the tender process for procuring rolling stock for the Bangalore Suburban Rail Project in a public-private partnership (PPP) mode. The tender, which prioritises the 'Make in India' policy, is open to qualified bidders, and the procurement process incorporates guidelines related to ethical practices, border restrictions, and disinvestment protocols.

"The selection of the lowest bidder will be determined through the financial bid, with the procurement of coaches envisioned through a lease model, where the successful bidder will supply, operate, and maintain the trains. The tender opening is scheduled for February 28, 2024," said an official.

Morning rituals: Breakfast vibes in schools

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Students of seven government lower and higher primary schools in and around Varthur need not worry about breakfast. All these years, they used to come to school without having breakfast, as their parents were not in a position to prepare breakfast as they had to leave for work early in the morning.

Now, they need not worry about their breakfast before leaving for school. Arrangements are made to provide breakfast for these students, who are from economically poor families. The Sumadhura Foundation has launched a nutrition programme: breakfast for government schools, on January 24. It will benefit hundreds of students at seven government lower and higher primary schools in and around Varthur.

Appreciating the Sumadhura Foundation for providing breakfast to the students, R Bhagya, headmistress of Government Lower Primary School, Chikkanekkundi, said the Sumadhura Foundation had renovated the school building recently, and it has helped increase the number of students from 28 to 42. "Now I am expecting more students to join the school. Breakfast is a boon for students who can't afford to have breakfast at their homes due to various reasons," said Bhagya. Rekha N, headmistress, government lower primary school, Janthagondanahalli, added, "As of now, the school has 15 boys and 2 girls. I am sure more students will join the school next academic year. On Wednesday, they supplied chow chow bath as breakfast."

Students having breakfast in their schools

The following are the areas where breakfast is being provided: Chikkanekkundi, Dommasandra, Janthagondanahalli, Gonigattapura, Kathriguppe, Halasahalli, and Thippasandra.

"Sumadhura Foundation, as an organisation, is committed to improving the well-being and education of children, believing that a healthy breakfast is essential for their growth and development. We will conduct a health checkup camp for children on January 27 to monitor and assess the impact of this programme," said a representative of the Sumadhura Foundation. It may be recalled that the Inner Wheeler Club of the IT Corridor has been providing breakfast at six schools in and around Whitefield.

Crime of passion? 'Cosy' couple knock down cop

Search on for couple making out in car, who tried to run over policeman to flee

The couple were in a car near a BBMP park in Upkar Layout

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In a startling event near a local Bruhat Bengaluru Mahanagara Palike (BBMP) park, a couple engaged in intimate activities inside their car reportedly ran over a police officer who approached them for questioning. The incident happened in Upkar Layout on January 20, but came to light only later.

The incident that occurred within the jurisdiction of the Jnanabharathi police station, left the injured sub-inspector, Mahesh, hospitalised. Authorities have launched a search for the couple who fled the scene.

The police have filed a hit and run case against the couple.

Despite the presence of onlookers around the park, the couple proceeded to undress and have sex inside their vehicle, said a source.

Sub-inspector Mahesh, on duty in the vicinity, approached them to issue a warning and instructed them to leave. As he attempted to note down the vehicle's registration number, the person driving suddenly started the vehicle and moved it forward. Ignoring the officer's presence, they drove the vehicle towards him, causing him to end up on the car's bonnet. Despite the officer's attempt to intervene, the couple reversed the vehicle and sped away, resulting in the sub-inspector sustaining injuries upon falling from the moving car. The authorities at Jnanabharathi police station are actively investigating the incident.

Police have filed a hit and run case against the couple, but as CCTV footage is sparse, their identity is still unknown

Sources claim that the Upkar Layout area is still underdeveloped and the authorities have not been able to retrieve much CCTV footages but they do have the registration number of the vehicle.

"Making out in public places is considered an offence under section 294 of the Indian penal code, 1861, wherein it comes under the ambit of public obscenity. Police officers are an extension of the judiciary and are important instruments in the enforcement of the laws of the land. In recent times citizens of the country have chosen to take the law into their own hands and misbehave against police officers who are trying to exercise their duties. The rise in the number of these cases points to only discernable reasons, one is the fear of police officers and consequences of interacting with the police, and another is the utter disregard for the law," advocate Supriya Mehta told BM.

Bitcoin scam: CCB officials held

A Special Investigation Team (SIT) from Karnataka police apprehended two members of the Central Crime Branch (CCB) in connection with the Bitcoin scam. Following interrogation, Police Inspector Prashanth Babu and Cyber Expert Santosh were taken into custody. They were subsequently presented before the court on Thursday and remanded to six-day custody for inquiry, said the police.

The SIT, formed under the Criminal Investigation Department, initiated a fresh FIR on Wednesday, detailing Bitcoin transactions totaling over Rs 3 lakh. Allegations surfaced suggesting involvement of BJP leaders in the scam, with accusations against police officials of accepting kickbacks in cryptocurrency. A hacker detained in 2020 asserted that Bitcoins in his possession were distributed to police personnel. During their custody, CCB Police purportedly detained hackers for around 90 days, procuring a new laptop to aid in cryptocurrency hacking endeavors. Earlier, a case had been lodged against CCB personnel and others for tampering with evidence related to a Bitcoin case in Cottonpet. —BMB

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Troubled waters: NGT acts on lake encroachment

Government agencies face notice as National Green Tribunal addresses encroachment of buffer zone at Pattandur Agrahara Lake

Pattandur Agrahara Lake

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Taking cognisance of a news article, the National Green Tribunal (NGT) has sent notices to various government agencies concerning the encroachment of the buffer zone of Pattandur Agrahara Lake in Mahadevpura. Notices have been sent to the Karnataka State Pollution Control Board (KSPCB), Tehsildar of Revenue Department, Bengaluru East, Commissioner of Bangalore Development Authority (BDA), and Member Secretary of State Wetland Development Authority.

The original application was registered suo-motu after news related to the unauthorised construction of roads over the lake's buffer zone was published, following the construction of a road by private property owners and developers near the lake for an upcoming illegal layout.

"Attempts have been made to encroach upon the area by building illegal roads on the lake buffer zone. The news item (related to the lake's buffer zone encroachment) raises substantial issues relating to the compliance of environmental norms. The power of the Tribunal to take up the matter in suo-motu exercise of power has been recognised by the Supreme Court. Hence, we deem it proper to implead respondents in the matter," noted the NGT's recent order.

According to the NGT, while the Bangalore Development Authority (BDA) has sought time to file a response, notices have been issued to the rest of the agencies for filing their responses before the appropriate bench of the tribunal.

The original application was registered suo-motu after news related to the unauthorised construction of roads in the lake's buffer zone was published

Violation of the buffer zone rule at Pattandur Agrahara has been the norm over the last many years. After activists raised the issue of road construction in the lake's buffer zone, alleging violation by Bruhat Bengaluru Mahanagara Palike (BBMP) in 2022, Karnataka Tank Conservation and Development Authority (KTCDA) issued a notice to BBMP officials. It also wrote to the Bangalore Development Authority (BDA) to add the lake as part of the Revised Master Plan (RMP) 2015. KTCDA officials say the notice to BDA was sent immediately after the issue of illegal road construction in the buffer zone of the lake was brought to their notice by the locals. "A citizen group in the area has approached the Karnataka High Court, and it has put a stay order. We issued an order to stop illegal road construction being done by BBMP in 2022. We have issued a notice to BDA stating no construction can happen in the buffer zone of the lake and to get it added under RMP. The notice was sent over a year ago," said an official from KTCDA.

Local activists say the lake is still pending much-needed fencing. While the lake was surveyed recently by the Revenue Department, it has not been fenced yet. "We raised the issue recently after we noticed a private developer building an access road to their layout in the presence of BBMP officials from the Road Infrastructure Department. The road, if built, would have crossed the buffer zone of Pattandur Agrahara. After we raised the issue and filed a petition in the High Court, a stay order was passed, and construction came to a halt. The lake has also been recently surveyed by the Revenue Department; however, BBMP's fencing work is still due," said Sandeep Anirudhan of Namma Whitefield. When Bengaluru Mirror reached out to Bruhat Bengaluru Mahanagara Palike's (BBMP) Lake Department, officials said that the survey report of the lake had not been submitted yet.

"We have not received the survey report. Although tenders have been floated for fencing work, we are waiting for the survey report to commence the work," said the official.

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Abandoned clay idols

KR Puram

For several years, clay idols have been discarded opposite the BESCOM/KPTCL office, next to the ITI circle.

Parking takeover

Jayamahal

Vehicles that have turned into junk have permanently occupied parking spaces along Nandidurga Road near the police station and the graveyard.

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Construction halted, but set boundaries now

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In a recent development around Haralur Lake in the Mahadevapura Zone of Bengaluru, the Namma Kere Trust organisation from JP Nagar brought attention to illegal construction activities in the lake's buffer zone. Prompt action from citizens and intervention by the Bruhat Bengaluru Mahanagara Palike (BBMP) have temporarily halted the unauthorised construction, shedding light on the urgent need for a comprehensive survey of the lake's boundaries.

R Rajagopal, Managing Trustee of Namma Kere Trust, thanked authorities for the responsiveness of the Special Commissioner (Environment and Lakes) and her team, as well as the Town Planning management. Following directions from

the Joint Director of Town Planning (JDTP) North at BBMP HO, officials from JDTP (Mahadevapura Zone) inspected the site at Haralur Lake a few days ago. They identified unauthorised construction without a sanctioned plan and promptly halted the ongoing work. Citizens observed numerous pillars erected near the lake and construction debris strewn around the area.

However, citizens are now advocating for more decisive measures. A letter addressed to the BBMP emphasises the necessity of a priority-based encroachment survey initiated by the Lakes Department. Citizens demand swift action to secure the boundaries of Haralur Lake without delay. The letter also calls for the identification of the violating builder, site details, and issuance of formal notices in accordance with the law.

In the letter, Rajagopal highlighted, "There is also a concern about how the foundation and pillars were allowed to be constructed for so long in broad daylight under the supervision of local officials and what steps are being taken around this dereliction if any. The enforcement in this incident is sadly not over, and a small lapse in oversight or momentary lack of attention will give the violators the license to pursue their illegal ambitions, so we request further effective action in this matter and your directions to officials towards the same."

Eat well, for a fresh start in 2024

As we embark on a new year, the tradition of setting resolutions takes centrestage. While many resolutions focus on health and wellbeing, the key to success often lies in adopting nourishing habits that are sustainable and enjoyable. Dietician Vidhi Chawla details how simple, impactful practices can help you get a healthy start in 2024...

Prioritise Hydration

Begin your journey towards a healthier you by prioritising hydration. Drinking an adequate amount of water is essential for overall wellbeing. Consider carrying a reusable water bottle and setting regular reminders to ensure you stay consistently hydrated throughout the day.

Embrace Whole Foods

Fuel your body with the goodness of whole foods. Incorporate a variety of fruits, vegetables, whole grains, and lean proteins into your meals. These nutrient-dense foods provide essential vitamins and minerals, supporting your overall health and energy levels.

Practise Mindful Eating

Slow down and savour your meals with mindful eating. Pay attention to flavours, textures, and the act of eating itself. This practice not only enhances your enjoyment of food but also helps you recognise and respond to your body's hunger and fullness cues.

Plan Balanced Meals

Create plans for balanced meals that include a mix of carbohydrates, proteins, and healthy fats. Planning your meals in advance can prevent impulsive and less nutritious choices. Aim for a colourful plate, reflecting a diverse range of nutrients.

Move Regularly

Physical activity is a vital component of a healthy lifestyle. Find activities you enjoy, whether it's walking, dancing, or practising yoga, and incorporate them into your routine. Consistent movement not only improves physical health but also contributes to mental wellbeing.

Prioritise Sleep

The value of quality sleep is often underestimated, but sleep plays a crucial role in overall health. Establish a consistent sleep routine, create a comfortable sleep environment, and aim for seven to nine hours of sleep each night. A well-rested body and mind are better equipped to tackle daily challenges.

Cultivate A Positive Mindset

Nourish your mental wellbeing by cultivating a positive mindset. Practise gratitude, focus on achievements, and approach challenges with a solution-oriented mindset. A positive outlook can enhance your resilience and contribute to a healthier, happier life.

Limit Added Sugars

Be mindful of your sugar intake by limiting foods and beverages with added sugars. Opt for natural sweetness from fruits when you have a sweet craving. Reducing added sugars supports overall health and helps maintain stable energy levels.

Stay Connected

Nourish your social wellbeing by staying connected with friends, family, and community. Social connections contribute to a sense of belonging and support, positively impacting both mental and emotional health.

Set Realistic Goals

Fuel your resolutions with realistic and achievable goals. Break down larger objectives into smaller, manageable steps. Celebrate your progress along the way, fostering a sense of accomplishment and motivation.

As you step into 2024, consider these nourishing habits as the foundation for your resolutions. By prioritising hydration, embracing whole foods, practising mindfulness, and incorporating regular movement, you set the stage for a healthier and more fulfilling year. Here's to a fresh start and a nourished, vibrant you in the coming year! —Femina

ADVERTORIAL

Downtown Pub

A Fresh Makeover for 31 Years of Timeless Cheers and Culinary Excellence!

Tres Leches

If you're on the lookout for one of the finest pubs in India, look no further than Downtown Pub in the vibrant heart of Bengaluru. Celebrating 31 years of unrivaled hospitality, this iconic establishment has redefined the pub experience, offering an exquisite blend of culinary excellence, rich history, and a touch of American nostalgia.

Timeless Charm and Culinary Excellence: Downtown Pub has been a beloved fixture since 1992, captivating the hearts of locals and visitors alike. With a recent makeover, we present a fresh perspective, blending a revamped menu with familiar comfort, ensuring every visit is a journey into the heart of culinary delight.

Our commitment to providing an unparalleled experience begins with the ambiance. Nestled in the bustling heart of the silicon city, Downtown Pub welcomes patrons into a world of warm lighting, cozy seating, and an ambiance that strikes the perfect balance between familiarity and modernity. The welcoming atmosphere invites both regulars and newcomers to unwind, socialize, and immerse themselves in the lively pub culture. Downtown Pub's culinary prowess extends beyond the ordinary. We take pride in offering an extensive menu that caters to diverse tastes and preferences. From delectable appetizers that pair perfectly with your favorite drink to hearty main courses that showcase a fusion of flavors, our chefs curate each dish with precision and passion. The culinary journey is complemented by a carefully curated selection of beverages, including signature cocktails, craft beers, and fine spirits.

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In our commitment to providing more than just a culinary haven, Downtown Pub hosts a variety of live events that add a dynamic and entertaining dimension to your evenings. Unleash your inner rock star at our live karaoke events, where the stage is yours to own. Feel the vibrant energy as talented performers take the spotlight during our live open mic events. These engaging experiences elevate the overall ambiance, ensuring that every visit is not just a meal but a celebration.

Fresh Delights Daily – Straight From Our Bakery: Indulge in the irresistible charm of our in-house bakery, where each day unfolds with the warmth of freshly baked delights. From delectable pastries to delightful cakes, our bakery promises a treat for every palate. The culinary journey at Downtown Pub extends beyond the pub fare with our in-house bakery. Imagine the aroma of freshly baked pastries, bread, and cakes wafting through the air as you step into our establishment. The bakery section adds an extra layer of delight to your experience, providing you with an array of sweet and savory treats. Each item is crafted with precision, ensuring a burst of flavors in every bite. Whether you're looking for a quick snack to complement your drink or indulging in a decadent dessert, our bakery has something to satisfy every craving.

Exceptional Catering Services for Every Occasion: Our exquisite catering services bring culinary artistry to your events, ensuring each moment is infused with delectable flavors and unmatched hospitality. From intimate celebrations to grand gatherings, we cater to your every need.

Downtown Pub extends its culinary excellence beyond the pub setting, offering exceptional catering services for a variety of occasions. Imagine the same level of precision, creativity, and flavor that define our pub menu, now curated for your special events. Our catering services are designed to elevate your celebrations, be it weddings, corporate gatherings, or private parties. We bring the Downtown Pub experience to your chosen venue, ensuring that every guest is treated to a memorable culinary journey.

Join Us at Downtown Pub: Whether you're a local or a visitor exploring Bengaluru, Downtown Pub welcomes you to savor the epitome of pub culture. With a rich history, revamped ambiance, and an unwavering commitment to excellence, we invite you to be a part of our celebration.

Downtown Pub is not merely a pub; it's a destination where every visit promises an extraordinary experience. Whether you're gathering with friends for a casual evening, celebrating a special occasion, or exploring the vibrant nightlife of Bengaluru, Downtown Pub caters to every mood and moment. Our 31 years of dedicated service have shaped us into more than just a pub; we are a cultural hub, a culinary haven, and a place where memories are made.

Discover more at downtownpub.in. Cheers to 31 years of extraordinary moments at Downtown Pub!

DTP Hamburger

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Voter awareness

Students from various colleges participated in events organised on 14th National Voters' Day at Town Hall, on Thursday. Karnataka Governor Thawar Chand Gehlot inaugurated the event and distributed voter's cards to first-time voters. Chief Electoral Officer Karnataka, Manoj Kumar Meena, and BBMP Chief Commissioner Tushar Giri Nath were also spotted at the event.

Wasteland transformation: 50 acres, one green miracle

BSWML's move to establish buffer zones with plantation draws environmentalists' attention

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TWEETS @BangaloreMIRROR

Bangalore Solid Waste Management Limited (BSWML) plans extensive plantations covering over 50 acres around landfill sites.

In an effort to ensure compliance with Central Pollution Control Board (CPCB) guidelines, BSWML is aiming to establish a buffer zone around landfills. In this context, the Palike has selected three landfill sites - Mittaganahalli, Bagalur, and Belahalli. All three sites, originally quarry areas, have been receiving waste from the city. According to CPCB guidelines for buffer zones around waste processing and disposal facilities, a 200-500 meters area around the site must be declared a no-development zone. This area can be utilized for agricultural purposes.

To implement this, BSWML plans to create a plantation covering 50 acres around the three sites. BBMP is set to plant 727 Azadirachta Indica (Neem) trees, with a height of 120-130 centimetres, and 1,453 bamboo trees with a girth of 18 to 20 centimetres and a height of 90 centimetres.

As part of the plan, 21,800 square meters of land will be cleared. This involves clearing and grubbing roadland, including uprooting rank vegetation, grass, bushes, shrubs, saplings, and trees with a girth of up to 300 millimetres. It also includes the removal of stumps of trees cut earlier, disposal of unserviceable materials, and stacking of serviceable materials for use or auction. This process also includes the removal and disposal of top organic soil not exceeding 150 millimetres in thickness.

BSWML plans to create a plantation covering 50 acres around the three sites. BBMP is set to plant 727 Neem trees, with a height of 120-130 cm, and 1,453 bamboo trees with a girth of 18 to 20 cm and a height of 90 cm

To provide a water source for the plantations, Bruhat Bengaluru Mahanagara Palike (BBMP) is digging a borewell in the area.

While activists appreciate the idea, they urge BSWML to plant trees in consultation with biodiversity specialists. "We welcome the move, but plantations should avoid species banned in other states and countries. Exotic trees should be avoided in favour of indigenous varieties. BBMP should consult biodiversity specialists to create a proper biodiversity-rich zone for the environment and ecology of the area. Considering it's a quarry area, they must identify trees with the maximum survival rate. Efforts must be undertaken to prevent leachate leakage, ensuring the healthy growth of trees," said environmentalist Ram Prasad.

It's Jamari vs Tehani in richest winter Derby

Ikram Khan
mybangaloremirror@timesgroup.com

TWEETS @BangaloreMirror

It's Derby time, folks! Get on the high horse and bet until you sweat. The blue riband of the season, the Winfair247 Bangalore Derby, has offered record stakes of 1.7 crore, with the winner taking home a rich purse of Rs 101,48,490.

The ten best horses on the campus, including the Mumbai challenger and triple classic winner Jamari, will come under the starter's flag for the big showdown at sundown on Republic Day. The ladies' cheer brigade is ready with their trumpets and blow horns, confident that it will be the 'Ladies Day Out' at the Bangalore Turf Club (BTC), with the top two fillies, Jamari and Tehani, set to dominate the finish of the mega event.

The Pesi Shroff-schooled Jamari, who has not lost a classic at this venue, reigning supreme in the summer Derby and winning the 1,000 Guineas and the Oaks this season, is fancied to maintain her classic streak. The bookmakers also fancy the star performer, piloted by top gun Trevor Patel, to emerge as the champ in the biggest plum of the season.

On a day when most regulars are busy working out the many combinations and permutations to make the moolah, the first-timers are looking to pick the Derby winner and hit the Jackpot. BTC chairman Arvind Raghavan pleased that the management committee roped in Winfair247 to sponsor the event, disclosed that efforts were on to provide a quality field and also give away a handsome purse to the winners of the champion event. The committee has successfully achieved that goal.

"We have roped in many sponsors this winter, and the pros are happy that many million events for juveniles have been framed this season," said Raghavan, adding that all the members of the management committee have played a stellar role in helping raise the bar.

Most professionals, pleased with the big buzz the mega event has generated in sporting circles, revealed that the club needs to promote the sport on a larger scale. "You need quality promoters and big buyers who will pick up quality stock, which will provide the competitive edge to the game," said trainer Prithviraj, who has two of his good fillies, Fast Pace, and Madam Rich, competing in the blue riband.

While the two classy fillies, Jamari and Tehani, are expected to dominate the finish in their effort to wear the Derby sash and stand tall at the winners' podium, Prana is the lone colt who has the ability to challenge the fillies. G Vivek, guiding the fortunes, will hope that Prana from Prasanna Kumar's yard produces his best on the big day.

Well, all said and done, the stage is set, and the thunder of hooves will provide a lyrical ring to the railbirds looking to make a fast buck on Republic Day.

Hot tips for Derby Day

1. Sun Flare 1, Lone Ranger 2, Slice Of Heaven 3
2. Royal Mysore 1, All Attraction 2, Nikolina 3
3. Masato 1, Vafadar 2, Crimson Flame 3
4. Fondness Of You 1, Obsidian 2, Tripitaka 3
5. Apollo Light 1, Loving Pearl 2, Fair Counsel 3
6. Jamari 1, Tehani 2, Prana 3
7. Sofiya 1, Golden Time 2, Devils Magic 3
8. Bold Act 1, Blackstone 2, Grizzly 3

Day's best: Royal Mysore

Feeling fine? You have 15 days to pay

Police ask traffic violators to cough up fines within fortnight of receiving challan

Traffic cops have been actively collecting pending fines

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@timesgroup.com
TWEETS @sridharvMIRROR

Despite receiving challans for traffic violations, many choose to disregard them. Now, the police have stressed that traffic fines must be settled within two weeks of receiving the challan.

Alok Kumar ADGP (Training, Traffic, and Road Safety), stated, "Penalties should be paid within a fortnight. Earlier, a 50% concession was provided twice. However, there is no proposal to give such extensions in the future as many law-abiding citizens question why violators could easily escape with just a 50% fine. To address this, notices will be delivered to doorsteps for traffic violators, and if the penalty remains unpaid within two weeks or if there are five more cases, the police will visit homes and compel payment."

Police sources revealed that there are social media videos suggesting that individuals need not pay penalties to on-ground officers and can instead approach the court. In response, the police warned of taking strict measures, stressing the need to respect law-abiding citizens.

In Bengaluru, a motorcyclist amassed a staggering 241 traffic violations, resulting in a fine exceeding Rs 1,25,500. Joint Commissioner of Police (Traffic) MN Anucheth said, "We have become aware of this particular vehicle, and prompt measures will be taken. The vehicle will be impounded, and appropriate actions will be initiated without delay."

Last year, Bengaluru cops had offered a 50% concession for clearing all pending fines. Before that, cops were going from house to house collecting fines from repeat offenders. In 2020, there was Rs 150 crore pending in challans. Tired of excuses, alibis, sob stories, promises of turning over a new leaf, and the pandemic notwithstanding, the traffic police were going to be knocking on their doors to collect it. And they won't take no for an answer.

The police were also seen at traffic junctions, parking lots, and other places to collect pending fines from motorists.

A senior police official said, "We were looking for those who have more than five violations to their name. A list of such rule-breakers has been handed over to the local police stations to collect fines from them. A team of three traffic policemen, headed by an assistant sub-inspector-level officer, will be in charge of the drive to visit houses and collect fines. We were telling people that if they cannot pay the fine, they should not be violating traffic rules. Once we started enforcing this strictly, many were seen following the rules."

The official talked about people who would wear masks and not helmets and drive around the city. When such people were stopped, they would give the police the slip. "We started taking photos of their registration plates and raising violations. Once we started visiting their houses and handing over the notice, they realised how serious we are. We created two lists of violators - violations of five and above and violations of 10 and above. During our visit, we were asking the violators to clear all the pending fines. We started with five violations and above and then followed up on those below five as well. For this purpose, we had formed a special team for collecting the pending fines. During Covid times, the cops were provided with all safety gear like gloves, masks, face shields."

Man fined for eating inside metro coach

A commuter has been penalised Rs 500 for having food inside a metro coach on the Green Line. Reportedly, despite objections from other passengers on the coach, the commuter Naresh Kumar Sharma continued to eat out of his box while scrolling on his mobile phone. The Bangalore Metro Rail Corporation Limited (BMRCL) has also had Sharma provide a written apology. While he was travelling from Silk Institute to Garudacharpalya, a passenger who boarded the train in Konanakunte station clicked a picture of the incident and posted it on social media site X. The incident took place on January 16. **-BMB**

Old Pension Scheme for 13,000 employees

The Karnataka government has issued a notification to cover about 13,000 state government employees, recruited after 2006, under the Old Pension Scheme.

Taking to X, Chief Minister Siddaramaiah said that he had promised to fulfil this demand to the government employees when they were on a strike against the new pension scheme.

"An order has been issued to cover the old pension scheme to about 13,000 government employees of the state government recruited after 2006... I hope this decision has given comfort to all the families of 13,000 NPS employees," he wrote. **-ANI**

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	Vibrant Design: Chrome finish outside door handles	✓	✗	✗
	Vibrant Design: Ambient lighting	✓	✓	✗
E	Exceptional comfort & Convenience: Power driver seat - 4 way	✓	✗	✗
	Exceptional comfort & Convenience: 2-step rear reclining seat	✓	✗	✗
	Exceptional comfort & Convenience: Power Windows - Driver side auto up-down with safety	✓	✗	✗
	Exceptional comfort & Convenience: Puddle lamps	✓	✗	✓
	Exceptional comfort & Convenience: Auto healthy air purifier	✓	✗	✓
	Exceptional comfort & Convenience: Front map lamps	✓	✓	✗
	Exceptional comfort & Convenience: Leather wrapped gear knob	✓	✗	✗
	Exceptional comfort & Convenience: Lane change indicator	✓	✗	✗
N	Next level technology & Connectivity: 60+ Bluelink features	✓	✓	✗
	Next level technology & Connectivity: Sounds of nature	✓	✗	✗
	Next level technology & Connectivity: Home to car (H2C) with Alexa & Google Voice Assistant	✓	✗	✗
	Next level technology & Connectivity: Firmware Over-the-Air (FOTA) update	✓	✗	✓
	Next level technology & Connectivity: Level 1 ADAS features	✓	✗	✗
U	Uncompromised Safety: Cornering lamps	✓	✗	✗
	Uncompromised Safety: Brake Assist System (BAS)	✓	✗	✗
	Uncompromised Safety: Vehicle Stability Management (VSM)	✓	✗	✗
	Uncompromised Safety: Telematics switches (SOS, RSA & Bluelink)	✓	✗	✗
	Uncompromised Safety: Automatic headlamps with escort function	✓	✗	✓
	Uncompromised Safety: Speed sensing auto door lock	✓	✗	✓
	Uncompromised Safety: Tyre pressure monitoring system (Highline)	✓	✗	✓
	Uncompromised Safety: Impact sensing auto door unlock	✓	✓	✗
E	Exciting Performance: DSL Engine Advantage	✓	✗	✓
	Exciting Performance: iMT (Intelligent Manual Transmission)	✓	✗	✓
	Exciting Performance: 7-Speed DCT	✓	✗	✓
	Exciting Performance: Paddle shifters	✓	✗	✓
	Exciting Performance: Drive mode select (normal, eco, sport)	✓	✗	✓

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Hop on with ease: UPI has made NWKRTC rides a breeze

NWKRTC crosses Rs 2 crore mark in UPI payments with more than one lakh transactions; BMTC and KSRTC commuters eagerly await similar payment model for their bus rides

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The North Western Karnataka Road Transport Corporation (NWKRTC) has marked a milestone by crossing Rs 2 crore worth of UPI payments with more than one lakh transactions. Bharath Selvan, the managing director of NWKRTC, confirmed the same on Thursday. He added that the facility would be extended to all six districts under the NWKRTC soon.

In November 2023, the enabling of payments through UPI as a pilot project was extended across 451 buses from five depots under the Hubli Rural Division. It was initially introduced in one depot in September. NWKRTC was the first road transport corporation (RTC) to implement pilot UPI payments in collaboration with PhonePe. Adoption of the UPI payment system has not cost the corporation any funds as the system functions based on a static QR code placed with the conductor, not requiring any additional hardware upgrades or service charges. The QR code is mapped to the bank account of the depot the buses are assigned to. The corporation can monitor the transactions on a dashboard placed at the depots. If required, conductors can authenticate the transactions through the business version of the application, and depot officials can initiate a refund transaction.

Karnataka State Road Transport Corporation (KSRTC) is also going to be introducing a similar version of its functioning to allow online transactions. The managing director, V Anbukumar, had noted that the ticketing machines currently used are not compatible with being used for UPI payments. However, a system allowing payments through UPI, the National Common Mobility Card (NCMC), and ATM cards will be introduced by March 2024, he had said, claiming that a tender regarding the same was being finalised.

In November 2023, the enabling of payments through UPI as a pilot project was extended across 451 buses from five depots under the Hubli Rural Division

BMTC users await introduction of UPI payments

The demand for the introduction of UPI payments across buses run by the Bangalore Metropolitan Transport Corporation (BMTC) has remained consistent with commuters. With the NWKRTC hitting a new milestone, commuters have wondered why such a facility cannot be implemented within the BMTC.

Currently, commuters can only buy the various passes provided by the BMTC digitally through an application named Tummoc. While they were hoping to be able to buy tickets through the BMTC application, the feature is still a work in progress. Commuters say that they can buy tickets through UPI payments only on certain Volvo buses.

Shaheen Shasa from the Bengaluru Bus Prayanikara Vedike (BBPV) said, "From a commuter point of view, active users of technology will find it convenient to pay for tickets. I hope this doesn't cause problems for those who are not into digital payments in terms of getting change from conductors."

She had previously noted that if application-based solutions are going to be introduced, the process of ticket validation must be closely considered. "Buying passes through the Tummoc app is working very well for most parts, but validating the passes through stretches where internet connectivity is poor does pose challenges for commuters and conductors. The scale and volume of our cities and the number of commuters entering and existing at bus stops, especially during peak hours, are very high. Whatever systems we introduce, we have to factor in how they will work on the scale in the ground conditions we have," she said.

It is to be noted that the NWKRTC faced challenges during the introduction of the QR code system with conductors. Many were reluctant to go ahead with the new model as they feared being held accountable if the payments did not go through or any other such issues arose.

> **"From a commuter point of view, active users of technology will find it convenient to pay for tickets** — Shaheen Shasa, Bengaluru Bus Prayanikara Vedike

Since payments are accepted with both cash and through UPI modes, they initially feared that the total tally would not match. NWKRTC had to provide continuous training to conductors in order to instill confidence in them and help them adapt to the process.

Yellow spot check on court premises

CONTINUED FROM PAGE 1

parking lot on Tuesday, some of the cab drivers were found urinating at one side of the parking lot. They did not seem concerned that they were acting against the law. They said that there is no toilet facility.

"What do you want me to do? There is no public toilet here or a toilet that is accessible within 500 m radius. I have no other option than using this place," said a cab driver.

When informed, horticulture deputy director (Cubbon Park) Pavithra said the department handed over the land to Karnataka High Court long ago. "It is the responsibility of the High Court administration to prevent yellow spots at the parking lot. We have nothing to do with the issue," said Pavithra.

However, V Ramprasad, co-founder of Friends of Lakes and an environmentalist, said that prevention of a yellow or black spot is the responsibility of all citizens.

"I am of the opinion that the High Court Registrar or administration has to direct the BBMP to depute a health inspector and a few marshals not only to penalise those creating black or yellow spots at the High Court parking lot but also to create awareness among the cab drivers on the importance of keeping the place neat and clean. The BBMP marshals and health inspector have to visit the place or wait near the spot to penalise and create awareness among those responsible for the yellow and black spots," said Ramprasad.

Archana KR, a change leader, said that authorities have to take measures to install sign boards indicating the nearest public toilet. "The BBMP authorities have to construct public toilets on densely populated roads and markets for the benefit of street vendors and others," said Archana.

Meanwhile, High Court Registrar (Administration) staff has stated that the Registrar has already summoned the officials of the branch concerned and directed them to take measures to prevent yellow spots at the parking lot.

"Please send the photographs to the Registrar," the Registrar's office staff said.

Congress criticises Shettar's return to BJP

Karnataka Congress hit out at former Chief Minister Jagadish Shettar for rejoining the BJP, terming his move a "breach of trust" and questioning his conscience.

Chief Minister Siddaramaiah and state Congress President and Deputy Chief Minister DK Shivakumar said the Congress treated Shettar with respect after he joined the party ahead of last year's Assembly polls, while the BJP had humiliated him by denying him the ticket to contest the elections in May. Shettar, who rejoined his old party on Thursday, cited his long association with the BJP and said many of his well-wishers wanted him back in the outfit.

"Jagadish Shettar had told me that he was being requested (by the BJP) and workers were being sent to meet him. Yesterday morning, too, I spoke to him. He had told me that he would not do such a thing and would not go (to BJP), as the Congress party has given him another life in politics. Keeping his words in mind, I spoke about it, but now I have information that he is in the BJP office," Shivakumar said.

Right decision

Meanwhile, former Karnataka chief minister Basavaraj Bommai on Thursday said ex-CM Jagadish Shettar had taken the right decision at the right time by rejoining the BJP, the party he had left last year ahead of the Assembly elections to join the Congress, while predicting "big political developments in Karnataka" ahead of the Lok Sabha elections.

"Shettar did not join the Congress out of any love for the grand old party but because of unhappiness with the saffron party. I have seen him closely since the days of Jan Sangh, and his DNA does not match the Congress.

"He might have been in Congress, but his heart was still with the BJP. He understood the mentality of the Congress only after joining it. Shettar's return to the BJP will benefit both the party and himself," he told reporters.

Bommai further said, "It was only the beginning, as there would be 'ghar wapsi' for some key Congress leaders," claiming that the Congress would get divided into factions. **— Agencies**

Former Karnataka Chief Minister Jagadish Shettar rejoins the Bharatiya Janata Party (BJP) in the presence of party National President JP Nadda, in New Delhi

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I, IQBAL SHAHEEN BANU W/o Rafiq Ahmed R/at No.113, Puttanna Lane, Ranasinghpet, Bengaluru- 560053, have changed my name to SHAHEEN BANU vide affidavit dated: 25/1/2024 Before Notary Deepa. M Bangalore.

I Mishra Swetakumari Harshnath alias Mishra Swetakumari W/o Devbrat Bhardwaj R/at 89/1, 2nd floor, 2nd crosss, Balaji Street, Ramamurthynagar, Doorvaninagar, Bangalore 560016 have changed name as Sweta Bhardwaj vide affidavit dated 25/01/2024 in front of Notray S.Subashini Bangalore

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How to protect your data privacy

Expert explains precautionary measures you can take

Perfect safety is no more possible online than it is when driving on a crowded road with strangers or walking alone through a city at night. To have an open internet means people can always find ways to hurt each other.

But together, people can make their online lives safer, too.

I'm a media scholar who researches the online world. For decades now, I have experimented on myself and my devices to explore what it might take to live a digital life on my own terms. But in the process, I've learned that my privacy cannot come from just my choices and my devices.

This is a guide for getting started on the way toward a safer and healthier online life.

To have an open internet means people can always find ways to hurt each other

The threats

The dangers you face online take very different forms, and they require different kinds of responses. The kind of threat you hear about most in the news is the straightforwardly criminal sort of hackers and scammers. The perpetrators typically want to steal victims' identities or money, or both. Businesses and governments often offer to defend people from these kinds of threats, without mentioning that they can pose threats of their own.

A second kind of threat comes from businesses that lurk in the cracks of the online economy. Lax protections allow them to scoop up vast quantities of data about people and sell it to abusive advertisers, police forces and others willing to pay. Private data brokers most people have never heard of gather data from apps, transactions and more, and they sell what they learn about you without needing your approval.

> **"When you make choices about your technology, you are really making choices about whom and how you trust – shifting your trust from one place to another**

A third kind of threat comes from established institutions themselves, such as the large tech companies and government agencies. These institutions promise a kind of safety if people trust them – protection from everyone but themselves, as they liberally collect your data. Google, for instance, provides tools with high security standards, but its business model is built on selling ads based on what people do with those tools.

Once again, there is no formula for safety. When you make choices about your technology, individually or collectively, you are really making choices about whom and how you trust – shifting your trust from one place to another. But those choices can make a real difference.

Phase 1: Basic data privacy hygiene

To get started with digital privacy, there are a few things you can do fairly easily on your own. First, use a password manager like Bitwarden or Proton Pass, and make all your passwords unique and complex. If you can remember a password easily, it's probably not keeping you safe. Also, enable two-factor authentication, which typically involves receiving a code in a text message, wherever you can.

As you browse the web, use a browser like Firefox or Brave with a strong commitment to privacy, and add to that a good ad blocker like uBlock Origin. Get in the habit of using a search engine like DuckDuckGo or Brave Search that doesn't profile you based on your past queries.

On your phone, download only the apps you need. It can help to wipe and reset everything periodically to make sure you keep only what you really use. Beware especially of apps that track your location and access your files. For Android users, F-Droid is an alternative app store with more privacy-preserving tools.

Phase 2: Shifting away

Next, you can start shifting your trust away from companies that make their money from surveillance. But this works best if you can get your community involved; if they are using Gmail, and you email them, Google gets your email whether you use Gmail yourself or not. Try an email provider like Proton Mail that doesn't rely on targeted ads, and see if your friends will try it, too. For mobile chat, Signal makes encrypted messages easy, but only if others are using it with you.

You can also try using privacy-preserving operating systems for your devices. GrapheneOS and /e/OS are versions of Android that avoid sending your phone's data to Google. For your computer, Pop!_OS is a friendly version of Linux. Find more ideas for shifting away at science and technology scholar Janet Vertesi's Opt-Out Project website.

Phase 3: New foundations

If you are ready to go even further, rethink how your community or workplace collaborates. In my university lab, we run our own servers to manage our tools, including Nextcloud for file sharing and Matrix for chat.

This kind of shift, however, requires a collective commitment in how organizations spend money on technology, away from big companies and toward investing in the ability to manage your tools.

Protecting each other

Too often, people are told that being safe online is a job for individuals, and it is your fault if you're not doing it right. But I think this is a kind of victim blaming. In my view, the biggest source of danger online is the lack of public policy and collective power to prevent surveillance from being the basic business model for the internet.

Nathan Schneider, University of Colorado Boulder, The Conversation

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Mobile network consumer database of '750 mn Indians up for sale'

Cybersecurity researchers say details put on Dark Web

A mobile network database containing sensitive details belonging to a staggering 750 million Indians have been put up for sale on Dark Web by threat actors, cyber-security researchers said on Thursday.

Researchers at cybersecurity firm CloudSEK found that CYBO CREW affiliates CyboDevil and UNIT8200 have recently advertised a massive "Indian Mobile Network Consumer Database" for sale.

It includes critical information like names, mobile numbers, addresses and Aadhaar details.

The sheer size of this dataset, totalling 1.8 terabytes, presents an alarming threat to security.

According to the threat actor, this extensive dataset allegedly encompasses a staggering 85 per cent of the Indian population, making it one of the largest breaches of its kind.

"The data, available for sale, is compressed to 600GB and uncompressed to 1.8TB, posing significant risks to both individuals and organisations. The threat actor has demanded $3,000 for the entire dataset," the researchers said.

CloudSEK researchers found that the leak affects all major telecom providers.

"Telecom service providers and the government must validate the data and identify the loophole. This breach underscores the critical need for organisations and individuals to prioritise cybersecurity measures and remain vigilant," said Sparsh Kulshrestha, threat intelligence and security research, CloudSEK.

The leak of personally identifiable information (PII) poses a huge risk to both individuals and organisations, potentially leading to financial losses, identity theft, reputational damage, and increased susceptibility to cyberattacks.

Members of the CYBOCREW group have previously claimed real-time access to Indian phone number KYC details, including government lookup capabilities, in July 2023.

The CYBOCREW group has also been observed selling API access to the Indian vehicle database, boasting access to 815 million Aadhaar and passport records, alongside the 'Indian Mobile Network Consumer Database'.

–IANS

On a song

Actress Parineeti Chopra has embarked on a whole new chapter as she announced her singing debut, saying that this journey gives her the opportunity to have two careers at once.

Taking to social media on Thursday, Parineeti shared a video wherein she has shared clips of behind the scenes of her singing in a studio.

The video ends with the 'Ishaqzaade' fame crooning 'Maana Ke Ham Yaar Nahi'. This song, sung by Parineeti is from the 2017 romantic movie 'Meri Pyaari Bindu', starring her alongside Ayushmann Khurrana.

Sharing the video, the actress penned a heartfelt note.

The post read: "Music, to me, has always been my happy place.. I've watched countless musicians all over the world performing on the stage and now it's finally my time to be a part of that world. I feel so lucky, blessed and stressed about starting off a whole new chapter in my life..." — IANS

UNIQUE EXPERIENCE

Danish talks of how shaving half his head added layers to his character

Social media sensation and actor Danish Sait, who is receiving a lot of positive response to his work in the recently released film 'Malaikottai Vaaliban', has shared the most unique experience of working on the film.

The film marks his debut in Malayalam cinema and stars Malayalam cinema legend Mohanlal in the lead role. The period fantasy film has been directed by Lijo Jose Pellissery.

Speaking about his role, Danish shared: "Playing this character has been a truly fulfilling journey. Lijo sir and Mohanlal sir believed in me and that gave me a good enough push on set. I will be grateful for them and their support during the low times on set which meant the world to me as we were shooting away from home. It has really been a wonderful experience for me and I have learned so much being on set with such stalwarts."

He further mentioned: "I think the most unique experience was shaving half my head for a part of the film, adding layers to my character. I thoroughly enjoyed the process of bringing this character to life. I feel proud that I have been able to deliver what the script demanded." — IANS

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Fun and laughter

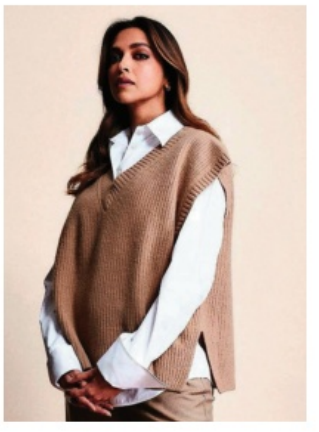
After a star-studded screening of Siddharth Anand's 'Fighter' on January 24, ahead of the release, the makers of the Deepika Padukone and Hrithik Roshan starrer hosted yet another special screening on January 25.

At the special screening, Deepika was seen greeting the paparazzi and engaging in some fun banter with them.

The actress was then seen posing for pictures with the shutterbugs at the venue.

In the video doing the rounds on social media, Deepika was seen sitting amidst the group of photographers and posing with them.

The paparazzi erupted in joy at this heartfelt gesture, exclaiming, "She's the real queen of Bollywood!" This elicited an even more radiant smile from the actress. As she departed later, some of the photographers could be heard saying, "Deepika ji, the picture is incredible!" She graciously smiled and conveyed her gratitude to them.



Bipasha Basu and Saba Azad graced the special screening of 'Fighter' today to show their support for their partners, Karan Singh Grover and Hrithik Roshan. Both couples looked absolutely stunning, radiating joy as they posed for the paparazzi with their brightest smiles. —ETimes

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Off her chest

Actress Sofia Vergara has unapologetically said her 'giant' chest opened doors to stardom.

The actress told Spanish newspaper El Pais about her looks being the passport to fame:

"It would be absurd to deny it or for that to make me feel bad. My giant b**bs and my body opened doors for me; they were my passport to the world when I was 20 years old when I started as a model, but today I'm 51 years old and I'm still here."

The actress went on to say: "I don't do brain surgery, it's just entertainment..." — ANI

HEALTH TIP: A rich source of manganese, tea can help wounds heal faster and strengthen your bones

Star anise is a rich source of the flavonoid anethole that offers potent antifungal benefits

BangaloreMirror | 13
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FLY EASY

How to reduce discomfort turbulence causes

This week has seen another barrage of unsettled weather sweep across the UK, with many flights delayed or cancelled. Some of those who were fortunate enough to take off found themselves arriving at destinations that weren't on their boarding passes – such as passengers travelling from Stansted to Newquay who eventually diverted to Malaga.

One thing that was consistently described by passengers was that parts of the flights and the attempted landings were some of the most unnerving they'd ever experienced, due to turbulence.

Turbulence results from uneven air movement, which is increasing in frequency. If you turn your hair dryer on at home and hold it still, the air moves at a constant rate, but once you begin drying your hair and moving the hairdryer around, the air movement becomes uneven, that is to say, turbulent.

Although turbulence may be unnerving and make you feel unwell, it is important to recognise that it is very common and typically nothing to worry about if you're in your seat with your seatbelt fastened.

How the body detects and responds to turbulence

The body recognises itself within any environment. Its relationship with objects in terms of distance and direction is called spatial orientation.

When flying, this is typically moving forwards, ascending, some turns and a descent. However, turbulence disrupts this relationship and confuses the sensory information being received by the brain – it makes the body want to respond or recalibrate.

Our inner ears play a pivotal role in all this. It consists of complex apparatuses that undertake more than hearing. These include the cochlea, three semi-circular canals, the utricle and the saccule.

The cochlea is responsible for hearing. It converts sound energy into electrical energy that is then "heard" by the brain. The remaining structures are responsible for the balance and position of the head and body. The semi-circular canals are positioned in a vertical (side to side), horizontal and front-to-back plane, detecting movement in a nodding, shaking and touching ear-to-shoulder direction.

Attached to these canals are the utricle and saccule, which can detect movement and acceleration.

All of these apparatuses use microscopic hair cells in a specialised fluid called endolymph that flows with the head to create a sense of movement. When the plane encounters turbulence, this fluid moves around, but unpredictably. It takes about ten to 20 seconds for the fluid to recalibrate its position, while the brain struggles to understand what is going on.

When the aircraft hits turbulence, the balance apparatus cannot distinguish the movement of the plane from that of the head, so the brain interprets the aircraft movement as that of the head or body. But this doesn't match the visual information being received, which causes sensory confusion.

The reason the inner ear causes so much confusion is because during flights you are devoid of your primary sensory tool relative to the external environment – your sight and the horizon.

Eighty per cent of spatial information comes from your eyes during flight. However, you only have the seat in front of you or the cabin as a reference point, which means your inner ear becomes the dominant sensory message to the brain during turbulence and disrupts the "vestibulo-ocular reflex". This reflex keeps your vision aligned with your balance or expected position.

Vision is the most valued of the senses and one-third of the brain is attributed to its function, reinforcing its importance in spatial orientation.

This sensory mixed messaging often results in things like dizziness and sweating as well as gastrointestinal symptoms, such as nausea and vomiting.

Motion sickness can be triggered by turbulence and although research into specific airsickness is limited, other modes that induce motion sickness suggest that women are more susceptible than men, particularly in the early stages of the menstrual cycle.

The turbulence also causes an increase in your heart rate, which is already higher than normal when flying because of a decrease in oxygen saturation.

What about the pilots?

Commercial pilots accrue thousands of hours at the controls, they are subject to the same forces as the passengers.

Over time, they can adapt to these f orces and experiences, but they also have a couple of additional resources that most passengers don't.

They have the view out of the cockpit windows, so have a horizon to use as a reference point and can see what lies immediately ahead.

If it is cloudy or visibility is low, their instruments provide additional visual reference to the position of the aircraft. This doesn't mean they are immune to the effects of turbulence, with some studies reporting up to 71% of trainee pilots reporting episodes of airsickness.

How to reduce the discomfort

A window seat can help, or even looking out the window. This gives the brain some sensory information through visual pathways, helping calm the brain in response to the vestibular information it is receiving.

If you can get one, a seat towards the front or over the wing reduces the effects of turbulence.

Deep or rhythmical breathing can help reduce motion sickness induced by turbulence. Focusing on your breathing calms the nervous system.

Don't reach for the alcohol. While you may feel it calms your nerves, if you hit turbulence it's going to interfere with your visual and auditory processing and increase the likelihood of vomiting.

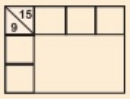
If you suffer from motion sickness and are worried about turbulence while flying, then there are also drugs that can help, including certain antihistamines.

Finally, it's important to remember that although turbulence can be unpleasant, aircraft are designed to withstand the forces it generates and many passengers, even frequent fliers, will rarely encounter the most severe categories of turbulence because pilots actively plan routes to avoid it.

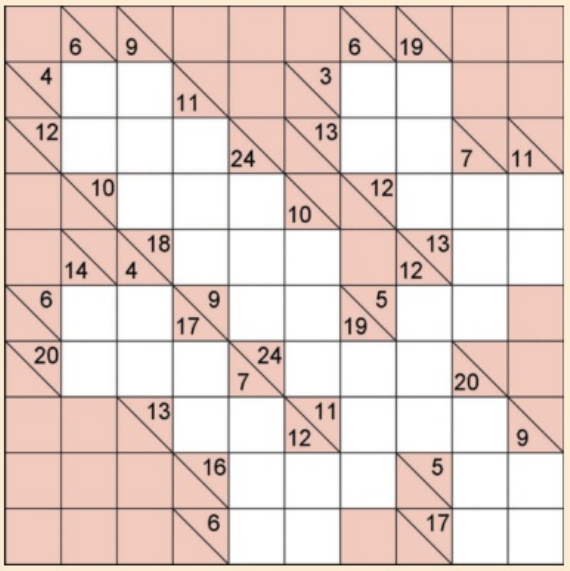
(By Adam Taylor, Lancaster University, The Conversation)

Kakuro

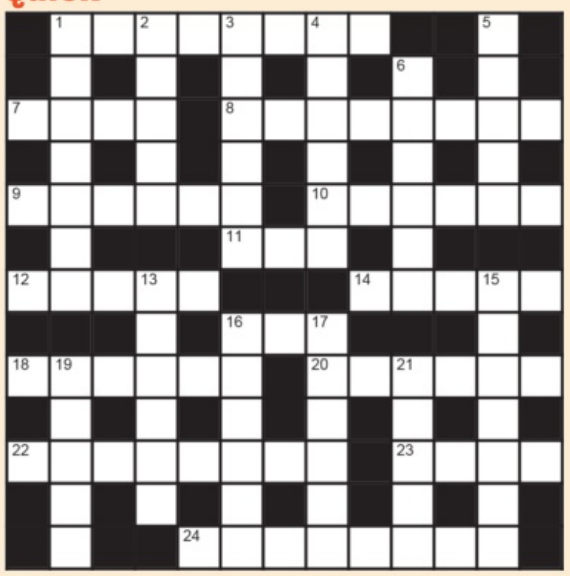
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Odd (8)
7 Scheme or plot (4)
8 Greatest monument ever built for love (3,5)
9 Punctuation mark (6)
10 Annoying or irritating (6)
11 Large weight (3)
12 Estimate (5)
14 Rims or borders (5)
16 Body of water (3)
18 An ancient region corresponding roughly to modern day Georgia? (6)
20 Essentials (6)
22 Saved or retained (8)
23 Over-nurse (4)
24 Capital of Belgium (8)

DOWN

1 Ancient Syrian city (7)
2 It's a ____ : it's a certainty? (5)
3 Concealed (6)
4 Abut or border on (6)
5 Long for (5)
6 Pillaged or looted (6)
13 ___ City: Bangalore of course (6)
15 Arouses, incites or electrifies (7)
16 Tray (6)
17 Tolerates or puts up with (6)
19 Sanctify (5)
21 Grass-like wild plant (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS P

Q YHIBQDM NA HDSM QA CHHL QA KVP BPHBSP NK GPPBA.

Linemaro

You radiate awesomeness

Mindchow

People demand freedom of speech as a compensation for not using their freedom of thought

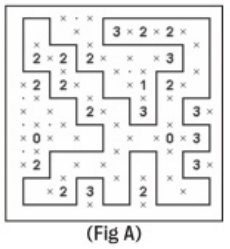
Joke of the day

I had a job interview and they asked me if I could touch type. I said, 'why, do you know of any other way to make the keys move?'"

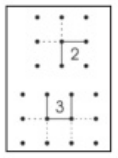
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

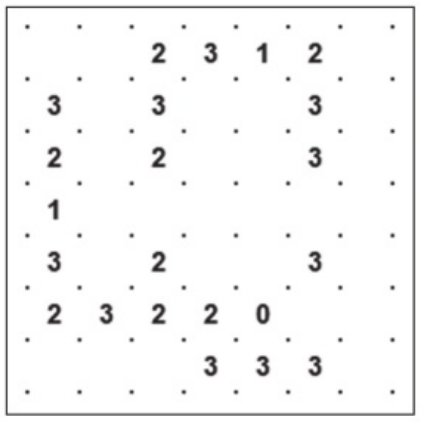


(Fig B) Not Allowed

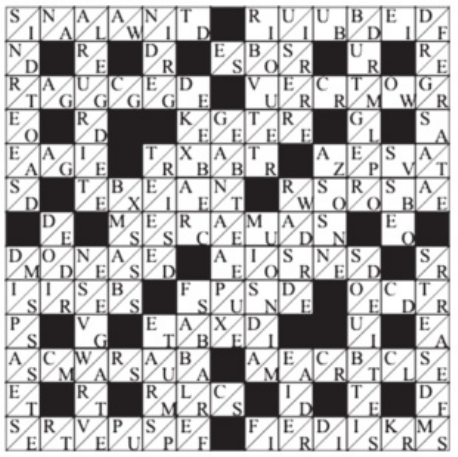
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8 F				
9				

ACROSS

1 To sop; 6 Arced;
7 True I; 8 Ref so;
9 SD Fin

DOWN

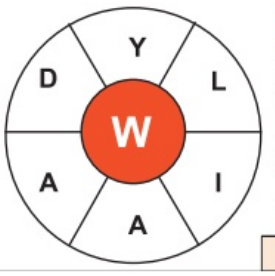
1 Cuffs; 2 Titre;
3 No doe; 4 Adore;
5 R Sips

Mensapuzzle

What number should replace the question mark?

7	4	5	2
5	1	9	3
2	9	1	6
?	4	3	7

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 06 Outstanding

SudokuChallenge

	5			6			3	
	8	2				7	5	
	9		5		2		1	
9			7	1	6			8
6			4	2	8			5
	6		3		7		8	
	4	3				5	7	
	1			9			4	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

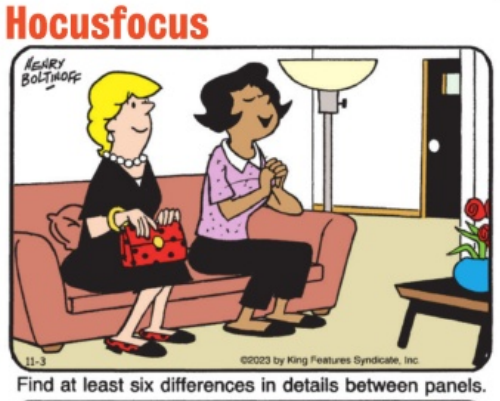
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy ☐☐☐☐☐☐☐ = 14
4 5 6 9

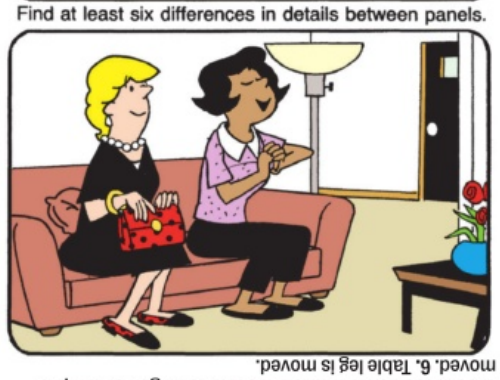
Medium ☐☐☐☐☐☐☐ = 3
2 3 6 7

Hard ☐☐☐☐☐☐☐ = 24
1 6 6 2

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Foot is moved. 2. Arm is moved. 3. Sofa cushion is thicker. 4. Collar is larger. 5. Lamp is moved. 6. Table leg is moved.

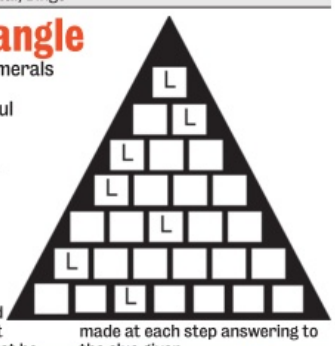
Riddler

For each of the following word pairs, you are looking for two word answer, the first is a rhyme of the first word and gives the category. The second word is a rhyme and is a specific word in that category. For example, "Kitty, Tennis" translates to "City, Venice".

1. Funny, Scholar
2. Petal, Shopper
3. Foxer, Bison
4. Fetal, Bingo

Alpha triangle

1 Fifty in Roman numerals
2 Spanish article
3 Guitar pioneer Paul
4 Epitaph verb
5 Irritates
6 Volume measures
7 Farmers



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be busy on the work front. With the help of elders' blessings, you are likely to implement some innovations in the workplace. You may be ethical and follow rules in your dealings with the people around you, which may give you inner peace and inner strength.

Taurus Apr 21 – May 20
Today, you may be satisfied with your responsibilities at work. You may plan a short work-related trip and visit a religious place to maintain inner peace and positivity. Your gurus may show you the right path, giving you clarity regarding your goals.

Gemini May 21 – Jun 21
Today, you may feel dull. It is advised to keep your mind cool; it's a golden rule for you to think twice before any act. You may travel to recover your money. You are also advised to avoid going on adventure tours. Students are advised to go for in-depth study to achieve success. You may also be attracted to the occult.

Cancer Jun 22 – July 23
Today, you may feel good, and family harmony may make you happy. You may meet some influential people to get benefits on the work front. You are likely to perform well in your job, expecting some rewards in terms of promotions. Disputes over inherited property may likely settle down.

Leo Jul 24 – Aug 23
Today, you may find yourself in a self-analysis state, bringing confidence. Your focus on your goals is clear, leading to success. Your creativity might improve, and you will take an interest in artefacts, movies, glamour, and real-life objects. At the end of the day, you may be satisfied with your life, and your opponents may be under control.

Virgo Aug 24 – Sep 23
Today, you may have mixed situations around you. It is advised not to expect too much from anyone around you, as it may lead to disappointment. You may engage in self-exploration and self-analysis, allowing for self-filtering. After this process, you may feel confident and prepared to accept challenges.

Libra Sep 24 – Oct 22
Today, you may feel some negativity around you, making you upset. You may find your responsibilities burdensome and be in a hurry to complete tasks. Silly mistakes may occur, and your working efficiency may slow down, affecting your day-to-day work. Projects may likely be delayed, impacting your professional life. It is advised to seek advice from elders or consultants before making any important decisions.

Scorpio Oct 23 – Nov 22
Today is a positive day for you; you may find success in your hard work on the professional front. Your focus is good, and you may complete your work on time, improving your self-confidence. Expect a work-related short trip, beneficial for your network in the near future.

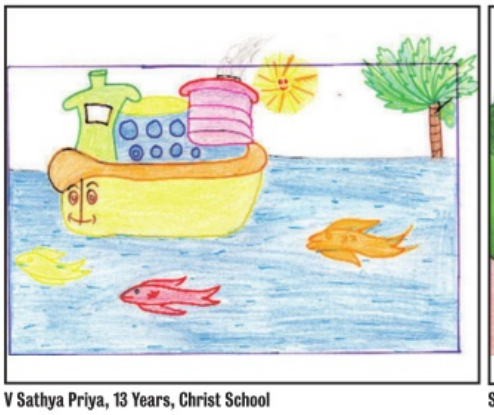
Sagittarius Nov 23 – Dec 22
Today, you are blessed by the moon. You may expect to receive some inherited assets. Working with patience on the professional front may increase your efficiency. Be polite with people around you and use your communication skills to secure new business for progress on the work front.

Capricorn Dec 23 – Jan 20
Today, you are blessed by the moon, giving you patience. While facing some work-related stress externally, your inner sense may remain calm, helping you balance everything. Enjoy every moment in work and domestic life. Parents' health is now okay, and you may hear some good news from your siblings.

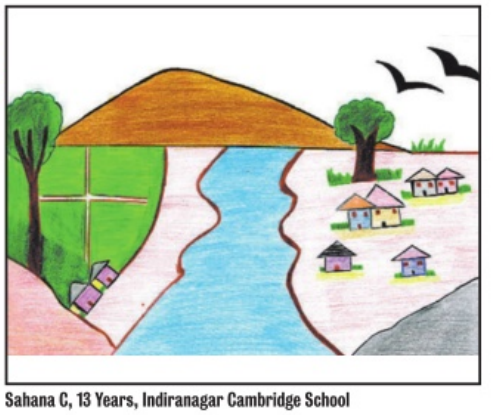
Aquarius Jan 21 – Feb 19
Today, you may feel unhappy, and some old health issues may arise, making you impatient. Avoid spending your hard-earned money on worthless stuff. Control your short-tempered nature, and love birds are advised to avoid discussions on worthless topics to prevent a potential breakup.

Pisces Feb 20 – Mar 20
Today, you are likely to enjoy your domestic and professional life. Be polite with people around you to complete your work smoothly. Find new sources of earnings to boost your savings. You may also plan to renovate your house or office. Job holders may expect promotions.

KIDZONE



V Sathya Priya, 13 Years, Christ School



Sahana C, 13 Years, Indiranagar Cambridge School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
48÷6 = 8
((2/7)*56) = 16
810/90 = 9
9/9=1
8+16+1 = 25

BULL'S EYE
away, wall, WAYLAID, wild, wily, yawl

STRIKE OUT

I	N	L	A	I	D	R	U	B	B	E	D			
N	E	R	S	O	S	U	E							
R	A	G	G	E	D	V	E	C	T	O	R			
A	G	E	T	B	A	R	Z	E	S	T				
O	R		E	G	E	R	L	E	A					
R	A	G	G	E	D	V	E	C	T	O	R			
D	E	X	E	A	T	W	O	R	S	E				
D		M	E	R	E	M	A	N		E				
M	O	N	A	D	F	U	N	D	O	C	T			
I	R	E	S		F	U	N	D		O	C	T		
S		G	T	A	X	I		U		E				
C	A	R	A	B	M	A	R	B	L	E				
E	T		M	L	C	I		T		D				
S	T	E	P	P	E		F	R	I	S	K	S		

QUOTE UNCODE
A company is only as good as the people it keeps.

F	I	N	D	S	
F	R	O	E	S	
U	T	E	R	I	
C	E	D	A	R	
S	T	O	O	P	

FAST FIVE

RIDDLER
1 Money, Dollar,
2. Metal, Copper,
3. Boxer, Tyson,
4. Beatle, Ringo

MENSA PUZZLE
4: all lines and columns total 18.

QUICK

P	E	C	U	L	I	A	R		Y					
A	I		A		T	A	J	M	A	H	A	L		
S		N		E		E		G		E				
R	E	S	E	R	V	E	D		D	O	T	E		
L		D		L		I		E		I				
I	B	E	R	I	A		B	A	S	I	C	S		
		A		S	E	A				X				
G	A	U	G	E				E	D	G	E	S		
		R				T	O	N						
H	Y	P	H	E	N		I	R	K	I	N	G		
M		C		O		C		R						
P	L	A	N

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Satyam Shivam next month

Actor-cum-director Yathiraj is bullish over the release of his latest movie Satyam Shivam which was in the making for over a year. If all goes well, Satyam Shivam is scheduled for release on February 2.

"The movie's trailer and songs have become popular already. Bullet Raju, who bankrolled this movie, plays the lead while Sanjana Naidu is paired opposite him. The movie has elements such as love, sentiment, suspense, and action. The movie's title is Satyam Shivam but movie goers should not mistake it to be the name of two characters of the movie. I want Kannada movie goers to support the cast and crew of this movie by watching it at the nearest theater," said director Yathiraj, adding that he also plays a key character role in the movie.

It is said the hero (Bullet Raju) in the movie is a supari killer while the heroine (Sanjana Naidu) is a nurse at a hospital.

Director Yathiraj has handled megaphone for 15 short films and five feature movies, including Poorna Satya.

The movie Satyam Shivam features Mico Nagaraj, Bala Rajwadi, Aravind Rao, Sangeetha, Sundarasri, Tejaswini, and Tanuja.

Veteran music director V Manohar has scored its music while Vidya Nagesh is the cinematographer and Thriller Manju is the stunt master.

Meanwhile, Bullet Raju said that Satyam Shivam is the second movie for him as a hero and producer. His previous movie is Bhikshuka.

"The movie Satyam Shivam has come out well under the guidance of director Yathiraj. The Censor Board of Certification has issued a UA certificate without recommending any cuts. I want to thank all the cast and crew of this movie," said Bullet Raju.

Golden carpet

Kriti Sanon becomes latest celeb to be granted Golden Visa to UAE

Bollywood actress Kriti Sanon has been granted the esteemed UAE Golden Visa in the Bollywood Actress category, following in the footsteps of many renowned Indian film celebrities. The Golden Visa, initiated by the United Arab Emirates (UAE) in 2019, offers long-term residence permits, allowing foreigners to reside, work, and study in the UAE independently, without requiring a national sponsor, and allowing full ownership of their business.

Kriti Sanon was presented with the Golden Visa by ECH Digital CEO Iqbal Marconi. Thankful for the recognition, the actor stated that receiving the UAE Golden Visa is truly an honor for her as Dubai holds a special significance for her and is excited to contribute to its rich cultural tapestry.

Before Kriti Sanon, numerous notable individuals such as Shah Rukh Khan and family, Sanjay Dutt, Sania Mirza, Boney Kapoor and his children, Varun Dhawan, Ranveer Singh, Kamal Haasan, Mohanlal, Mammootty, Dulquer Salmaan, Mouni Roy, Urvashi Rautela, Suniel Shetty, Neha Kakkar, Farah Khan, Sonu Sood, Tovino Thomas, and Amala Paul received the UAE Golden Visa.

In her professional endeavors, Kriti Sanon will next be seen in Amit Joshi and Aradhana Shah's Teri Baaton Mein Aisa Uljha Jiya,co-starring Shahid Kapoor. In this project, she plays the role of a robot named Sifra. She also has 'The Crew', a heist comedy with Tabu and Kareena Kapoor Khan and her home production with Kajol titled Do Patti. — ETimes

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